



HALLOWEEN PARTY IN WAR TIME

an ideal centerpiece for the supper table. Diminutive place cards in the shape of witches, black cats and Jack-o'-Lanterns may be attached to the side of the drinking glass as though just alighted there.

In the following menus will be found suggestions for simple Halloween refreshments:

Cabbage and Nut Salad
Rye Bread and Ham Sandwiches Olives
Coffee Cider Cup
Cruellers Carrot Caramels
Vegetable Salad in Cabbage Shell
Assorted Sandwiches Salted Nuts
Coffee Cider Cup
Bisque Cream in Orange Shells
Oranges cut in the form of Jack-o'-Lanterns
Luck Cake
Homemade Candy
Potato Salad Cheese and Nut Sandwiches
Coffee Cider Individual Pumpkin Pies

Salad Sandwiches
Coffee Cider
Cruellers Popcorn Balls
Olives Salted Nuts
Maple Candy

As helps in preparing some of the recipes, the following tested formulas are given. Sugar has been largely eliminated from the confections. We are eating much more than our share of the world's sweets. The men at the front need energy and heat more than those at a Halloween party! Save the sugar!

CABBAGE AND NUT SALAD

Shave one head of crisp white cabbage and soak in ice water for three or four hours; then chop finely. Add four peeled and chopped apples, one cupful of chopped nuts and three table-spoonful of chopped canned pimentos. Mix the ingredients well, moisten with a boiled or mayonnaise dressing, and serve either from a small hollowed out pumpkin (cut in Jack-o'-Lantern fashion), or from the cabbage shell, lined with paraffin paper. In this event the cabbage can be scooped out and chopped.

OLD-FASHIONED CRULLERS

Cider and crullers are so associated with Halloween that they should both be included in the menus. Beat three eggs until light, add a salt-spoonful of salt, the same of grated nutmeg, four table-spoonful of sugar, four table-spoonful of melted oleomargarine and enough flour, sifted with one heaping tea-spoonful of baking powder, to form a dough that can be handled. Roll out a quarter of an inch thick and cut into pieces three and a half inches long and two inches wide. Cut two slits in each piece and give each one a twist. Fry in deep, hot fat to a rich brown and roll while hot in powdered sugar. If desired, maple sugar may be used in place of the granulated.

CIDER CUP

Squeeze into a large bowl the juice from four lemons and three oranges. Add one cupful of sugar and the contents of a small jar of Maraschino cherries. Let stand on the ice for three or four hours to chill and ripen and just previous to serving add four quarts of chilled cider and one quart of iced carbonated

water. Mix well and pour slowly over a block of ice that has been placed in the punch bowl.

INDIVIDUAL PUMPKIN PIES

Cut a pumpkin into small pieces, remove the soft part, seeds and outer rind. Cover and cook slowly in its own steam until tender, then remove the cover and reduce almost to dryness, taking care that it does not burn. Press through a colander. To two-and-a-half cupful of pumpkin pulp add two cupful of milk, one tea-spoonful each of salt, oleomargarine, cinnamon and ginger, one table-spoonful of molasses, two eggs and sugar to taste. Add the beaten eggs last and after the mixture is cold. Pour into small individual pie plates that have been lined with pie crust and outline a face on each with two large raisins for the eyes and the rest of the features in small currants. Bake until set in a moderate oven.

CARROT CARAMELS

Steam some scraped carrots, or, better still, bake them until tender. Then press through a sieve. To two cupful of this carrot pulp add

two cupful of brown sugar, half a cupful of "corn syrup," two lemons, using both the juice and the grated rind, half a cupful of water and half a cupful of chopped and blanched almonds. Cook in a granite ware saucepan to the hard ball stage or from 250 to 255 degrees F. by the candy thermometer. Pour into buttered pans and mark into squares before it cools.

MAPLE CREAMS

Place in a saucepan two cupful of crushed maple sugar and half a cupful of cream. Boil to the soft ball stage (from 238 to 240 degrees F.), stir in one cupful of finely chopped walnuts and one tea-spoonful of vanilla extract. Remove from the fire, beat until creamy and pour into buttered pans. The nuts may be omitted and grated coconut used instead.

MOLASSES POPCORN BALLS

Take one cupful of light brown sugar, one cupful of New Orleans molasses, half a cupful of water, and boil to the hard ball stage (from 250 to 255 degrees F.), then stir in two table-spoonful of oleomargarine, cut into tiny bits, and continue to boil to the hard crack stage (from 300 to 310 degrees F.). Stir in quickly a quarter of a tea-spoonful of baking soda, mix well and pour over some freshly popped corn, lightly dusted with salt, that has been placed in a large bowl. Stir until the syrup is evenly disposed, then dip the hands in cold water and form into small balls.



Patent Medicines That Have Had Their Day in Court

By ANNE LEWIS PIERCE
Director of The Tribune Institute

THE last list of notices of judgment issued under the food and drugs act brings more cheering information than usual. Our old friend Dr. Williams, not content with the decision against his famous product in the lower court, appealed for the privilege of selling Pink Pills to Pale People with claims that they will be useful in practically all diseases, from St. Vitus's dance and locomotor ataxia to neuralgia, sciatica and the restoration of systems shattered by excesses and disease.

Said Pink Pills are virtually the well known Blaud pill, an iron preparation, which is sold straight under its own name, with no excessive claims or misbranding.

The decree of the lower court was confirmed and "eleven gross packages, more or less," of Pink Pills were destroyed. How will the label and the advertising read now?

Edkman's Alternative, formerly alleged to be a consumption cure, also appealed, but previous judgment was affirmed, and the right to state that any product has cured or will cure tuberculosis was denied, inasmuch as "there was no medicinal substance or mixture of substances known at present" which could be relied upon to effect a cure.

The audacity of the makers of these products in endeavoring to force upon the public their products after they have been once condemned is a good measure of the tenacity of the patent medicine propaganda.

We often have questions concerning ear oils recommended for the cure of earache, head noises and so on. Dr. Kellett's Sweet Spirits of Eden and Oil of Eden were not only condemned by the court, but a total fine of \$600, the maximum on three counts, was imposed.

For this Oil of Eden it was claimed that it "penetrates to the bone, dissolves and removes to the surface all impurities of the external system from which pain and disease are created. In conjunction with Sweet Spirits of Eden all ordinary complaints of rheumatic nature are easily cured. Oil of Eden dissolves and removes ulcerated tumors, enlarged glands and all other eruptions. For man or beast, it is all the same. Selah!

Oil of Eden was shown to consist of two layers; the upper one oily, carrying a vesicating agent and a bland saponifiable fixed oil; the lower layer hydroalcoholic, carrying opium alkaloids and extractives.

It shows some progress to have the maximum fine imposed in such cases of "reckless and wanton disregard of truth," instead of the pitifully negligible fines of \$10, \$15 and \$25, which have generally been paid in the past.

Dr. Thacher's Cholera Mixture, declared to contain 1-14th grain of morphine to the tea-spoonful, was recommended for children teething, cholera morbus, dysentery and all sudden attacks of cramps and pains in the bowels.

Not content with forcing this horror on the public, Dr. Thacher also offered an Amber Injection for the cure of gonorrhea. The product was found to consist essentially of a water and alcoholic solution of zinc sulphate and opium, to which acetic acid had been added.

Fine, \$75.

Henry's Red Gum Compound is a pleasant little product purporting to prevent pneumonia, break up gripe and to be a wonderful cure for all kinds of throat and lung diseases, not to mention asthma.

It practically depended on the chloroform and heroin present for these alleged results, and the amount of these dangerous products present was not declared on the label of the carton, as the law requires, though their presence was shyly conceded on the top flap and on the bottle.

Enough heroin and chloroform will ease the symptoms of almost any disease, but they cure nothing, and heroin is one of the most dangerous of habit-forming drugs.

Our joy over the conviction of this vicious product labelled with the simple bucolic name of Red Gum is much tempered by the fact that the court considered a fine of \$25 adequate punishment! Two rheumatism cures were disposed of. One, Abbott Brothers' Rheumatic Remedy. A fine of \$200 and costs was imposed for selling an alcoholic solution of potassium iodide and such drugs as sarsaparilla and taraxacum, for rheumatism in every form and stage, sciatica, torpid liver, kidney trouble and all pains and aches in any part of the body; deep seated blood disorders, inherited or contracted, scrofula and eczema were all to be reached. Marvellous testimonials were submitted, but the jury decided that this product was not a remedy for the diseases set forth, and conviction followed. If there were a cure for rheumatism your family physician would have

heard of it. It would receive honorable and conspicuous mention in all the medical journals. It would not be cornered by a patent medicine faker.

A classic compound with the musical title of Athlophoros was also said "to leave the patient free from rheumatism, neuralgia and kindred ailments." It proved to be a solution of glycerine, sodium salicylate, oil of cinnamon and water. And again the jury said "Guilty," but the court said only \$25.

It is like dipping out the ocean with a sieve, apparently, to chase these dangerous and misleading products into the open and attack them in the courts. But patient, continuous effort and the education of the public are doing something to relieve the public health from these menaces and to divert a worse than useless drain on the public purse.



Let's All Go to Georgia

By MABEL BLITCH

THE cry against high prices is nation wide, yet there are places in our country where one may live at least comfortably—if modestly.

In rural Southern Georgia one may have a pretty bungalow at from \$8 to \$10 a month rent. The country abounds with deer and other game; the waters abound with fish; the soil is so fertile that one may raise enough of a variety of products to feed one's family; the air is gloriously pungent with pine; the city is within easy reach.

A certain young school teacher, living fourteen miles from Savannah, supports her mother, sister and small brother on her salary of \$55 a month.

She pays \$6 a month for her six-room bungalow, with an acre of ground to boot. The small brother attends to the gardening so effi-

ciently that they are supplied with corn, okra, tomatoes, peas, beans, cucumbers and other vegetables; country butter is available at a reasonable price and fresh milk and eggs are not difficult to obtain.

Neighbors of the masculine persuasion supply her with frequent gifts of rabbit, partridge, squirrel; or pike, perch, and other fish. She goes to the city at her pleasure, and has enough money to dress neatly, if not extravagantly.

True, she lacks conveniences such as city houses provide; a pump, oil lamps and wood fires are not as labor-saving as electric lights and modern plumbing; but what man in New York could provide for his family at that salary with half so pleasant an environment?

An overcrowded tenement, hot pavements, surly companionship, worldly-wise children, too frequently cloud his lot.

With the slightest knowledge of farming, and the ability to handle a gun, any one can make a living in the South. Why not try it?

Ways to Utilize Ends of Loaves and Slices of Bread

By MARGARET HAMELIN

IN THE average household it is exceedingly difficult to avoid the accumulation of stale bread. If the many possibilities which lie in these old crusts and slices were more fully realized, not only would the housewife lessen her table expenses, but she would have constantly on hand the material to either make or embellish a number of attractive dishes.

In the following recipes suggestions are given for using up stale bread to the best advantage.

BREAD RUSKS

Children nearly always relish these. To make them, break stale bread into small uneven pieces and dip each into a basin of liquid composed of one well-beaten egg and half a cupful of milk. Take the pieces out before they break and place on a buttered tin. Brush over

with a little melted butter, dust slightly with powdered sugar and ground cinnamon and place the tin in a moderate oven. Leave them in the oven until they are perfectly dry. These are excellent to serve with milk for a light lunch or evening supper.

BREAD AND NUT SALAD

Mix together half a cupful of chopped Brazil nuts and one cupful of chopped English walnuts. Sprinkle lightly with salt, mixing it in well. Have in readiness one large cupful of grated brown bread (dried in the oven). Blend this with the nuts, add half a cupful of peeled and chopped radishes and moisten with a mayonnaise dressing. Heap in individual portions in nests of crisp lettuce leaves and serve immediately, so that the bread will not become soggy.

BREAD MOLASSES TART.

Prepare a paste shell with a rather high border. Mix eight table-spoonful of bread crumbs with seven table-spoonful of molasses, add the grated yellow rind and juice of one lemon and a small cupful of grated coconut. Fill the shell with this mixture and bake in a hot oven until crisp and brown. Criss-cross strips of the pastry may be laid across the top.

AN ENGLISH CHEESE DISH

Soak one cupful of bread crumbs in one cupful of milk for fifteen minutes. Melt one table-spoonful of butter in the upper part of the chafing-dish and add one small cupful of grated cheese, the prepared bread crumbs, half a tea-spoonful of salt, a good pinch of paprika and the same of mustard. Stir constantly until the cheese is melted, blend in one egg that has been lightly whipped and cook for only a moment or two longer. Pour boiling hot over slices of crisp toast that have been placed in fireproof dishes. This is a very economical recipe and it will be found delicious.

HAM FRITTERS

Mix together two cupful of grated bread crumbs, two cupful of chopped boiled ham, two well-beaten eggs, one scant cupful of milk, paprika to taste, one tea-spoonful of melted butter and one tea-spoonful of baking powder sifted with sufficient flour to form a batter that will drop from the spoon. Drop by spoonful into deep, hot fat and fry to a delicate brown. Drain for a moment or two on brown paper before serving.

BREAD MUFFINS

Cover three cupful of bread crumbs with two and a half cupful of milk and let soak for fifteen minutes. Then beat to a paste and add the well-beaten yolks of three eggs, half a tea-spoonful of salt and one cupful of flour that has been sifted with two tea-spoonful of baking powder. Beat the batter vigorously, add two table-spoonful of melted butter, the stiffly whipped egg whites and a small cupful of finely

shredded dates. Bake in well-greased muffin pans, using a very hot oven. This quantity of ingredients makes a large quantity of muffins. Half the recipe will be sufficient for the average family.

VIENNOISE BREAD PUDDING

This is so unlike the ordinary bread pudding that it is well worthy of a trial. Beat three eggs until very light and add half a cupful of sugar cooked to a caramel and diluted with half a cupful of boiling water; also half a cupful of additional sugar, half a tea-spoonful of salt, half a tea-spoonful of ground cinnamon and three cupful of milk. Mix well and pour over two cupful of soft sifted bread crumbs. Let stand for ten minutes, beat well, add one cupful of dried currants and turn into individual buttered and sugared moulds. Dredge the moulds with sugar after they are buttered to insure easy removal from the moulds. Let cook in a dish of hot water, using a moderate oven, and serve hot with a foamy sauce.

One Lesson in Patriotism

A LARGE hotel, where fashionable hub-bub and leisurely luxury are both to be found in the afternoons, owns a bowling alley.

One afternoon this was crowded with enthusiastic men, crashing balls into pins with the customary noise and vehemence. At the entrance a small Italian newsboy stood, occasionally bawling "All 'N York pa-a-per-r-s!" in a perfunctory way, but for the most part as deeply interested in the game as the participants.

He was a typical young "American" of the New York streets, with battered shoes from which a toe or two protruded; ancient trousers upheld insecurely by one safety-pinned suspender, and a hat which to all appearances had seen far, far better days.

His wise little face was all too familiar with the soil of his country, as also were the slim hands which clutched tightly his bundle of papers.

His interest in the bowlers grew as he stood there until at last he even forgot about "all 'N York papers," and turned his undivided attention to the game.

Suddenly the orchestra, playing in the hotel ballroom, broke forth into "The Star-Spangled Banner."

Instantly the little Italian newsboy straightened up, soldier-wise. Off came his dilapidated hat. He stood at perfect attention. But the men in the bowling alley continued to smash the pins down with deafening crashes.

For an instant the little alien looked on in amazement; then with his eyes blazing, he sprang into the midst of the men, shouting angrily:

"Cut dat out! Can't youse hear dey's playin' de 'Star-Spangled Banner'?"

Not until the last notes had died out was there another sound within that alley.

F. M. B.

The Tribune Institute

Housekeeping as a Profession